

A little gift
just for you...



little lifts

Look inside and you will find...

Our littlelifts boxes are packed full of carefully selected products to help provide the little lifts you might appreciate (and need) as you go through your treatment.

We understand that everyone's experience of cancer treatment is different, but our littlelifts box is here to help you through.

With love from us all at littlelifts X



Herbal tea

Herbal teas can aid sleep and help to calm and hydrate.



Heat pack

You may get cold during treatment, or experience joint or muscle pain – a heat pack can help.



Face and body lotion

You may experience dry skin – keeping moisturised can really help.





Eye mask

There may be times during the day when you need to shut out the light and get a little sleep.



Grow your own plant

Give it some TLC and watch it grow.



Notebook and pen

For notes, reminders, or to express your thoughts and feelings as you go through treatment.



Toothpaste and a soft toothbrush

A soft toothbrush helps to avoid any of the discomfort you may get from harder brushes.



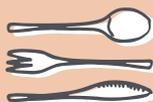
Water bottle

Your oncology team will recommend that you drink plenty of fluids throughout your treatment.



Hot chocolate

A hug in a mug for warmth and comfort.



Plastic cutlery

You may find eating with metal cutlery a bit unpleasant – plastic cutlery will help.



Chocolate

For a little moment of luxury, because you deserve it.



Crosswords and puzzles

To help pass the time during your treatment.



Lip balm

Helps to avoid chapped and dry lips.



Munchy seeds

Nutritious nibbles to snack on or sprinkle.



Lolly recipes and lolly moulds

Ice-lollies can help to soothe a sore mouth and are a nice treat, even if your taste buds change.



Cordial

Adding some to still or sparkling water can help to relieve change in taste and helps to keep your body hydrated.





A selection of sweets

To provide relief from the metallic taste you may get from the treatment.



Pocket tissues

You may become a bit more prone to a runny nose.



Chewing gum

Chewing gum can help with a dry mouth or loss of taste. *It is advised not to chew gum if you have a sensitive stomach.*



Chilli oil and mixed herbs

Things can taste a bit different – chilli oil will add a little bit of heat and herbs will add flavour. *Please be aware that eating spicy food is not recommended if you have a very sore mouth.*



Tote bag

To easily carry the essentials to your treatment. Plus, always useful for shopping!



Your box was packed
with ♥ by _____

Would you like to give feedback?

If you've got a moment, we'd love to hear your views and ideas.

Email hello@littlelifts.org.uk, message us at [facebook.com/littlelifts.uk](https://www.facebook.com/littlelifts.uk) or find us on social media.

www.littlelifts.org.uk

